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- obtain two letters of recommendation from your community.

To be considered for the 2000-2002 program, please submit your application no later than April 1, 2000.

For more information, please contact:

Karen Wastasecot, Program Coordinator

Centre for Indigenous Environmental Resources

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Recipe for a good woman

Ingredients:

warmth
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humor
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strength
beauty
mystery
discretion
independence
intelligence
kindness
generosity
love

affection
compassion
devotion
tradition
tenderness
style
originality
talent
concern
sensitivity
wellness
responsibility
excitement
humility

Take equal amounts of the above ingredients, add a hint of edginess and blend together. Voila! Another beautiful creation.

Happy International Women's Day!

Contents

NEWS

5 **Saying Goodbye**
TO MAVIS

7 **Battle moves**
WASHINGTON

7 **Briefs** MISTISSINI ELDER MISSING
SUICIDE IN BAND OFFICE

COVER

10 **The Good the Bad**
AND THE WANNABES

PRAYER

15 **A Millennial Prayer**

NORTHERN SKY

17 **R-E-S-P-E-C-T**
BY XAVIER

EDUCATION

19 **Memories of**
MOOSE FORT RESIDENTIAL SCHOOL

ON THE COVER

Women from the community

Photographer: Neil Diamond (Mostly)
Cover Design: Sylvia Tennisco

WOMEN WE LOVE



In honor of International Women's Day on March 8, we conducted a phone poll asking you which woman you admire the most. We have to say we predicted the results quite accurately. Everyone loves Mom! Celebrate Women.

Nian: I admire my Mom, because she never gives up on her children, no matter what we put her through.

Jane Blacksmith: Gertie Murdoch, she's fast, she's quick, she's smart, she's funny, she works hard. It's always been tough for women and I admired her as a young girl. Also, she's tough.

Emma from Chisasibi: My Mom, because she's always been there for me since the day I was born. She was a working Mom, and always managed to take care of us and hold down the fort. Now as a single Mom myself I understand and appreciate what she's done for us all, and the sacrifices she made. I hope to pass on to my children what has been passed on to me.

Judy Cooper: My mother. She's the most wonderful, understanding person in the whole world. I talk to her about everything, and she doesn't judge me, she'll never tell me I was bad, she just listens to me. She's the most beautiful woman.

Samson Sandy: Mother Theresa is a woman I admire very much. She didn't live with gold and silver, she was very different. Down to earth, simple, not flashy. She did good work, in all different countries, helping the lepers, the poor. She's a very good example of a woman. There's nothing specific to say about her, it was just everything about her. She did a lot of things for a lot of people, especially the poor.

John Henry Wapachee: I admire my wife, Stella, for many reasons. Here are just a few. She takes care of me, our kids and our home. She is a caring and loving person. She loves her children and her whole family. She loves life. She's very understanding. She's also an intelligent woman; she has a lot of knowledge about different areas of life, spiritually, emotionally, mentally, even fiscally. She supports me a lot in what I do in life. She always gives a lot of support and attention to our children. She loves teaching them about God, telling them bible stories, and she loves God. Sometimes I call her "God's girl."

John Paul Murdoch: I admire my Mom, Gertie Murdoch. She does a lot for my community. On the business side, she's the CEA, she works at the Band, she's the Justice of Peace, she does a lot of social activities for kids. For 4 or 5 years, she coached kids for square dancing competitions. I saw her being interviewed on Midday once for the coaching, and she didn't once mention all the other stuff she works on. She doesn't seek credit for it all, she's humble. Even though she's in charge of the school, she can be found cleaning up after someone's wedding. She's like that.

Kenny Mianscum: I admire my wife, Bella Nancy. I love her for her companionship, her unending love, and the undying support and encouragement I have received from her in my life. I admire her beauty. I admire her work ethics and habits. She gives tremendous support to Native women. She's the President of the Cree Nation of First Women. She does a lot for the community, a lot of volunteering and she really supports the Youth. She's a great leader.

R.L.: Xena.

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Nation



Left to right: Nathalie Beauchemin, Mavis Verronneau, Alice Wapachee and Gilles "de nurse" Cossette. Taken at the Ouje-Bougoumou clinic, June 4, 1998.

"GOODBYE, MAVIS - WE LOVE YOU"

Mavis Verronneau, the Cree Health Board's loving diabetes coordinator, passed away from illness on Saturday, February 19 at St. Mary's Hospital in Montreal. She was diagnosed with cancer last August.

Mavis, a diabetes educator and nurse, had dedicated her life to helping people with diabetes. In her earlier years, she started the diabetes clinic at the Montreal General Hospital, and three years ago the diabetes education program at the Lakeshore General Hospital.

Nurse Verronneau started to work part-time for the Cree Health Board in the early 1990s as a diabetes educator. Because of her dedication and hard work, Mavis was promoted to the position of diabetes coordinator.

Among her many accomplishments in the Cree Health Board, Verronneau helped found the Diabetes Task Force, Cree Diabetes Network, the Diabetes Working Group in the communities and Cree Diabetes Registry.

The Cree Diabetes Registry is the only one of its kind in Canada. It is a useful tool in monitoring the rate and improving the management of diabetes in Iiyuuschi.

Mavis also designed the diabetes education and treatment program carried in the Cree health clinics and hospital today. Even after her diagnosis, she continued to work on her Cree diabetes file until she entered the hospital for the last time.

Mavis touched many lives and made many friends in the Cree communities. They were shocked by her

death. Some of her friends wrote the following tributes in her memory:

Joanne Matowahom from Chisasibi writes, "Mavis was always a person who made people laugh, had fun and enjoyed life. She always gave support to the people she worked with. I remember her as a friend who gave a lot of herself to help people. She had a way of making people laugh, and if she knew there was something wrong, she would try even harder to make that person laugh. I know her work here on earth is done. Many of us will remember her in our work with diabetes. We know her spirit will always be with us and we can still ask for her help."

Bob Imrie from Ouje-Bougoumou contributes this: "I was privileged by having the opportunity to work with Mavis for four years at the Public Health Module in Montreal. We worked very closely together - in fact we shared an office. Fortunately, we did not have to share the telephone. We shared many discussions on bringing up children and partners - and I feel that I shared part of bringing up her daughter Erica. The office is a safe place to bring up a teenager - safe for me as I could dish out advice and not have to suffer the consequences if the advice was not appropriate."

"Our friendship at work carried over to our personal lives. My partner, Joan Brackenbury, and I had many good times together with Mavis and Serge, sharing dinners, films, theatre, golf, shopping and vacations. We enjoyed the company of each other. We will miss

by Solomon Awashish

Mavis - the smiles, the funny faces, expressions and dedication to everything that she tackled were all part of her character."

Lily Gull Sutherland, Rita Mianscum Trapper and Francine Noel from Waswanipi contributed this: "In loving memory of our dear Mavis Verronneau. We were so saddened and shocked to hear the news. You have taught us a great deal about life and the effects of the disease called diabetes. We have learned a great deal from you when you were with us. When the work about prevention of diabetes overloads us, we feel your presence and spirit to keep us going. We will miss you. To show our appreciation, the Council of Cree First Nation of Waswanipi made a donation to St. Mary's Hospital, but it is small compared to the wealth of friendship and respect you have given us. So we say thank you to your family and relatives for having known such a kind person. Thank you for being so convincing in your work. As you have said, 'I believe in it.'"

Jill Torre from the Public Health Module in Montreal writes, "Joanne Matowahom recalls that if Mavis 'knew there was some-

"She knew if there was something wrong she would try even harder to make that person laugh."

thing wrong she would try even harder to make that person laugh.' I have two stories that show just how true this is. The day before she died, just as I was leaving her hospital room, she spoke her last words to me, and wouldn't you know it - she made a joke. Not feeling very humorous at the time, I was a little slow on the uptake until I saw that twinkle in her eye. And so we parted, both laughing. Last Friday I was talking with several people from up north who had not been able to go to the funeral. At the beginning, we were all feeling sad. But by the time we parted, one of them had told us a very funny story about Mavis and, once again, she had us all laughing."

Vollet S. Bates from Chisasibi writes, "Mavis had a very cheerful, bright personality. She was a person who made people feel at ease and comfortable with her presence. She was also instrumental in the development, education and research of diabetes in

continued on page 9



A Pearl to be Discovered

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FORESTRY BATTLE GOES TO WASHINGTON

A Cree delegation was in Washington last week to tell U.S. trade officials and congressional staff all about Quebec's forestry practices from the Cree point of view.

"Quebec is obviously painting a rosy picture of what's going on. We went down to give another side of the story," said Geoff Qualle, of the Grand Council of the Crees.

The Cree visit came in the midst of two big developments south of the border that are causing serious concern in Quebec's forestry industry.

Maine is going ahead with a referendum this fall on a ballot to restrict clear-cutting in the state. This would directly impact Quebec because Maine provides a growing portion of the wood processed in Quebec mills.

Also, the U.S. Justice Department has announced a criminal investigation of "anti-competitive" practices in Canada's newsprint industry. Over one-quarter of America's newsprint comes from Quebec trees.

In the middle of all this, the Cree delegation, which included Sam Etapp and Romeo Saganash, visited some of Washington's power-brokers to explain Cree concerns.

"We believe Quebec's forestry practices are not sustainable, and we gave lots of reasons why. We told them that's the reason wood is cheap for Americans. The price is being paid by Crees and the environment," said Qualle.

The Cree delegates also argued that Crees should have a presence in upcoming negotiations to renew the 1996 U.S.-Canada Softwood Lumber Agreement.

The negotiations are expected to be ugly. U.S. industry is accusing the Canadian govern-

ment of unfairly subsidizing forestry companies here with ultra-low stumpage fees - which are kind of a tax that companies pay to cut down trees.

The low fees mean Canadian companies can sell wood cheap in the U.S. The Americans are saying they can't compete.

The worst culprit, say the Americans, is Quebec, where stumpage fees are among the lowest in the world.

The Cree delegation told U.S. officials Crees are also paying a price for the low stumpage fees. Doors were opened for their visit in Washington by the Coalition for Fair Lumber Imports, a powerful U.S. lobby group that is leading the charge against Canada's low stumpage fees.

The U.S. Justice Department investigation into Canadian newsprint makers seems to be linked to the coming talks on softwood lumber, according to Luc Bouthillier, a forestry professor at Laval University.

In Quebec, the newsprint is made by the same companies that own the sawmills that are upsetting the Americans with their cheap wood.

Bouthillier said the U.S. investigation might also be politically inspired. It's an election year, and the U.S. government might be trying to show American industry groups it takes their concerns seriously.

While in Washington, the Cree delegates met aides to Ben Nighthorse Campbell, a Native Senator from Colorado, and Sen. Larry Craig of Idaho. They also met Jon Huenemann and Mary Ryckman, two senior U.S. trade officials.

by Alex Roslin

Mistissini Elder goes missing

Over 100 volunteers from Mistissini and nearby communities spent all last week searching for Elder Francois Mianscum, who has gone missing in the bush.

Mianscum, 68, left his camp at Perch River on his Tundra II on Saturday, Feb. 26, in the early afternoon. He was last seen at 1:30 p.m. at KM 308 or 309 on Highway 167 heading north.

When he didn't return by 6 p.m., his family, friends and police set out to search the area. By the next morning, 40 searchers were involved. Two helicopters and an airplane have also been used, and the Sûreté du Québec has lent a hand.

Mianscum still hadn't been located as of press time on Thursday afternoon. He has type II diabetes (not life-threatening) and is generally in good health.

On Wednesday, the family issued a statement thanking the community and everyone else for their support. The search is continuing and the family is asking for special attention to the KM 308 area of the highway.

Suicide in band office

Employees of the Waskaganish band were stunned when they arrived at work two weeks ago only to find police officers and medical personnel at the building.

In the basement, a young man who worked for the band had been found dead from a knife wound in the chest.

Marc Menard, 24, was discovered the morning of February 23 by a co-worker in the washroom.

Menard was an accountant working on the band's financial-recovery plan.

The Waskaganish police and a doctor were called immediately. The death looked suspicious, so a Sûreté du Québec forensics team was called up from Rouyn-Noranda. They arrived in the early afternoon.

The SQ officers studied the premises until late in the evening, dusting for fingerprints and looking for clues as to what happened. Eventually, they found a suicide note under some papers on Menard's desk.

In the note, Menard wrote it was time for him to go. "If I'm going to go, I'm going to go in style," he wrote. He apologized for what he

continued on page 9



ASSOCIATION DE L'ENSEIGNEMENT
DU NOUVEAU-QUEBEC(CEQ)
Δε-σ-Δηρ/σ ֶכְּרִיְבְּרִסְיְּלִיְּדְּסְיְּרִיְּסְיְּ

NORTHERN QUEBEC
TEACHING ASSOCIATION
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TO ALL PARENTS OF STUDENTS ATTENDING THE SCHOOLS OF THE CREE SCHOOL BOARD

Your pre school, primary, secondary and adult education teachers - who are all members of the Northern Québec Teaching Association - are now engaged in negotiations to renew their working conditions. The teachers' demands concentrate on a limited number of subjects, which essentially deal with improving the services offered to Cree students. In these negotiations we are trying to resolve a number of problems that affect the schools day in and day out - problems which finally affect your children's hopes of getting a good education.

Our main demands are for:

- The support that we need to help students who have handicaps, learning or emotional problems.
- The same rights to trips for both locally-hired teachers and for staff hired outside the communities.
- A premium to compensate the tax burden penalizing teachers and to encourage teacher recruitment and stability.
- Occasional substitute teachers to be paid on the salary scale in the collective agreement, regardless of the workload of the teacher they are replacing.
- More flexible job security.
- The possibility of leaves of absence without pay for adult education teachers.

In order to lead the employers to respond to our demands, some of the actions that teachers may have to undertake may cause some difficulties or disturbances. Please be assured that these actions will in no way hinder your child's academic progress, and that teachers will continue to teach all subjects with the same high level of professionalism that a successful education requires.

We hope that in the interests of your children - and our students - the government and the school board will consider our demands carefully.

continued from page 7

was about to do.

The SQ took Menard's body to Montreal for an autopsy. On Monday, they confirmed it was a suicide. There was no sign of forced entry or struggle. All signs seemed to indicate Menard was alone. Also, the knife entry angle was lateral, indicating it was inflicted by Menard himself.

"It was really tragic. We're in shock here. We're still feeling the fallout," said Chief Robert Weistche. "We can only pray for the family in this time of misfortune."

The community held a ceremony for Menard's family members, who came to Waskaganish.

Menard was employed by an Ottawa-based management company, which had a contract with the Waskaganish band.

"He was very highly regarded by us," said Richard Lodge, president of Hartel Management Services in Ottawa. "He was here only a short time, but he really made a mark on the company. I feel for his parents' sake."

The funeral was held on Feb. 28 in Alexandria, Ont.

Logging in Canada unsustainable: report

Canadian forests are being logged at an unsustainable rate and the country isn't living up to its commitments to protect them, says a report by an international environmental group.

Of all the provinces, Quebec by far accounts for the largest area logged. In 1997, logging in the province made up 36 percent of the more than one million hectares of land logged across Canada.

Ontario was a distant second at 19 percent, followed by British Columbia at 17 percent.

The greatest new threat has been a move by loggers into ecologically fragile northern boreal forests, says the Washington-based World Resources Institute and Global Forest Watch.

"This is one of the great untold stories of Canada," said Will Horts, vice-president of the newly launched Canadian chapter of Global Forest Watch.

The new group was officially launched earlier this week in Ottawa. The Grand Council of the Crees has been active in



helping the new group get off the ground.

-SOURCE: The Toronto Globe and Mail

Heart disease takes toll on Native women

Native women in South Dakota have a higher death rate from heart disease than the statewide and national averages, reports the Rapid City Journal.

The reasons: lack of proper medical care, higher diabetes rates, limited access to proper nutrition and smoking.

From 1991 to 1995, Native women in South Dakota died from heart disease at a rate of 577 deaths per 100,000 people, compared with 335 for non-Native women.

Saskatchewan Natives demand public inquiry

Vigils are being held across Saskatchewan to call for a public inquiry into how the justice system treats Native people.

The outcry is over two freezing deaths of Native men left out in the bitter cold by police officers. Stories of police brutality in Saskatchewan are also emerging.

About 400 people attended a vigil in Saskatoon. They want a probe into all aspects of the criminal justice system. Native leaders say it's the only way to clear the air.

"We have to have that because no police force can operate with that veil or that cloud over it. Nobody can operate like that. And everybody has to feel secure that something will be done," said Perry Bellegarde, chief of

the Federation of Saskatchewan Indian Nations. As Bellegarde spoke, a similar vigil was taking place 150 kilometres north in Prince Albert.

In a CBC news story, Ira Ahenakew said he's been beaten up by the police. "There are only certain policemen that are doing wrong, but there are a lot of good ones. A person nowadays doesn't feel safe getting into a police car by himself," he said.

Many speakers said they haven't told their stories before, because they didn't think police would investigate.

Mavis Verroneau...

continued from page 5

our region of James Bay. By those who were lucky enough to have crossed her path during her life and work in this world, she will be greatly missed. Her dedication in the field of diabetes, education and the Diabetes Working Group will continue in our communities. I would also like to send my condolences to her husband and daughter. From a time of grief when I also lost a loved one whom I had shared my life with as a companion, a friend and husband, I always remember what someone had told me then. That person said, 'Some people are only here on this earth for a short while. The Creator takes them away because he does not want them to suffer in pain any more.'"

In just a few years, Mavis became well-known to everyone related to diabetes in the Ilyuuuschi. We will miss her sense of humour, her friendship, her energy and her encouragement.

Goodbye, Mavis, we love you.

DO'S

THE Good,

Aah. Shpring has shprung. Almost. You scramble out of bed, run to your closet or just pick through your laundry pile, and go out to brave the always hard to please fashion public. Sometimes it just works. And sometimes it doesn't. (Plus it was a nice day. Ed.)

THE Bad



The hair is ok. The best thing about this duo is the hair. Take away the rubber duckies and oversized necklace beads and the too wide legged pants and ta da! You have the look. They have enough material here to clothe a small nudist colony.



He is carrying all his worldly goods with him down the street. Not cool. Get rid of the vinyl bag and the taped up suitcase. Bad hat as well. He's not going anywhere.



PHOTOS: NEIL DIAMOND

This guy was a fashion volunteer. It's a very utilitarian look. He said he was carrying the bag of rice on his head like they do in Africa. A nice intercontinental influence. And I like the big baggy vest. The rice compliments the vest. As for the rest of his clothes - I don't like them. What makes this outfit is the African touch. And he's proud, even if he isn't black.

AND THE WANNABES

Trench coat and beret, cool. This artist type knows where he comes from and where he's going. I like the jacket but not the bag. It doesn't go with the outfit.





ASSOCIATION DE L'ENSEIGNEMENT DU NOUVEAU-QUÉBEC(CEQ)

NORTHERN QUEBEC
TEACHING ASSOCIATION

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I like the whole "ensembluh." It goes very well with the dreads. The shoes, the bag, the jacket, the pants work. They look fine together, but his heeled shoes are a little weird and his jacket is really dirty. Overall, a great-looking couple. Work it!

from page 11

F: What about grandmothers?

M: Well, my grandmothers are not around anymore.

F: Did you know them?

M: One of them.

F: Did you call her Gookum?

M: I called her Googoo. What did I admire about her? I think she was a very strong woman, she always worked hard. She'd do men's jobs too. She was tough as a man.

F: Same with my Nanny. She had a hard life, and she is such a sweet lady. She's so kind and sweet and now she's so old and frail now. All I do when I visit her now is sit by her bed and hold her hand and smile at her. She tells me all kinds of stories about when she was young, how life was so different then.

M: Ok, now what. Women politicians?

F: I know nothing about politics. The fortune teller told me today not to go into politics at all. (*looking at palm of hand*) See, this is the place for politics, and it's all dug in there. See?

M: Really? Oh yeah, mine's like that too.

F: This part is for family, and this part is for love. See how it's right plump there?

M: Aww, look at mine. I have no love.

F: Oh yes you do. See, it's all puffy there?

F: What about... that woman who had sex with 500 men or something for a documentary?

M: Oh yeah, Annabelle Chong or something? I saw the movie.

F: You saw that movie? Oh my God. Gross. Was it gross? Was it just her having sex all the time?

M: No. They followed her to classes at university, showed her just hanging around her apartment. She was trying to cover up

that she was really depressed and not happy at all. When she smiled or laughed it wasn't real.

F: Was it totally empty?

M: Yeah, it was fake.

F: That just grosses me out. What was the purpose of the film?

M: It was a cry for help or something. Sad woman.

F: Why don't we talk about different types of women?

M: No, let's talk about this first. Let's exhaust it first.

F: Native women? Tantoo Cardinal.

M: I'm so tired of her. I don't like her accent. It's like a stereotypical accent. She has this accent that's like... do you know Gary Farmer? I have a story about this guy. He doesn't have an accent at all. If you talk to him you'd think he was just a guy from Toronto. But when he appeared here for the opening of that funny Indian movie, *Smoke Fire*?

F: Smoke Signals.

M: Smoke Signals. When he was giving his speech in the beginning he was doing it in a fake Native accent. I was disgusted. Ever since then I didn't like him.

F: I guess he chooses how Indian he is in whatever situation he's in. Do you think you change the way you talk depending on who you're with? Not on purpose, but subconsciously?

M: No. Well, if I'm with a woman or something... hahaha

F: (*dismissively*) Ugh.

F: Are people going to want to read about all this?

M: Yes. It's stuff people want to read.

F: Ok, what is a recipe for a good woman?

M: She's gotta be intelligent. Beautiful.

F: In her own way.

M: She's gotta be funny.

F: Yes, funny is very important. But you have to be serious too.

M: Not too serious.

F: She should have an intelligent sense of humour. She should be very nurturing.

M: Yeah, I agree.

F: Very strong.

M: Can't be too whiny.

F: Whining is so annoying. I get annoyed with myself when I get whiny. In what ways do they have to be strong?

M: They have to know what they want. They should be independent. Independence is good. But not too much!

F: Does religion play into any of it?

M: It doesn't matter. A woman can belong to a cult or something... haha

F: I think people should believe in something. I know people who don't believe in anything at all, nothing bad, nothing good, and I think there's got to be something more to it than that. I think you have to have some sense of something that you're living for? Right?

M: Right. What else?

F: Cooking is always nice. I like my men to cook too. I don't want this woman to be too stereotypical.

M: I don't do washrooms (*laughing*.) Where did that come from??!

F: (*Into microphone*) If you want to be his woman, you have to wear a red dress, clean the bathroom, be adventurous and funny. That's not asking too much. (*Turns to him*) What about women do you, as a man, admire.

M: There's a lot of things. I think women... this may sound cliché and it's not me but I find women stronger than men.

F: I think I know what you mean. In different ways. In more of a giving to other people sense, or in a self sense.

Conf'd on page 23



ASSOCIATION DE L'ENSEIGNEMENT DU NOUVEAU-QUEBEC(CEQ)

À TOUS LES PARENTS D'ÉLÈVES FRÉQUENTANT LES ÉCOLES DE LA COMMISSION SCOLAIRE CRIE

Les enseignantes et enseignants du préscolaire, du primaire, du secondaire et de l'éducation des adultes, membres de l'Association de l'enseignement du Nouveau Québec, sont présentement en négociation pour le renouvellement de leurs conditions de travail. Les demandes des enseignantes et enseignants sont axées sur un nombre limité de sujets touchant essentiellement l'amélioration des services aux élèves du territoire Cri. Nous tenterons de régler, par la négociation, un certain nombre de problèmes qui se vivent quotidiennement à l'école et qui ont des répercussions sur la réussite éducative de vos enfants.

Nous demandons principalement:

- Toute l'aide nécessaire concernant les élèves handicapés ou qui présentent des difficultés d'adaptation ou d'apprentissage.
- Que les enseignantes et enseignants engagés localement aient droit à des sorties comme le personnel engagé à l'extérieur des communautés d'affectation.
- L'obtention d'une prime qui compensera le préjudice fiscal et qui favorisera le recrutement et la stabilité du personnel enseignant.
- Que les suppléantes ou suppléants occasionnels puissent bénéficier de l'échelle salariale prévue à la convention collective et cela, peu importe la tâche de la personne remplacée.
- Plus de flexibilité en matière de sécurité d'emploi.
- Qu'une enseignante ou qu'un enseignant de l'éducation des adultes puisses obtenir un congé sans traitement.

Il se peut que les moyens d'action utilisés par les enseignantes et enseignants, pour amener la partie patronale à répondre positivement à nos demandes, causent des dérangements et des désagréments. Soyez assurés, chers parents, que ces actions ne sauraient en rien retarder le cheminement scolaire de votre enfant et que tous les contenus pédagogiques seront livrés avec professionnalisme permettant à vos jeunes de recevoir un enseignement de qualité.

Nous espérons que le gouvernement et la commission scolaire porteront une attention particulière à nos demandes dans l'intérêt premier de vos enfants, nos élèves.

A PRAYER

A Millennial Prayer for Women



O great God, our divine goodness, who dwells all around us and inside us, who we sometimes do not know or forget to know, reveal to us your presence as we step into this new time. In your motherhood, provide for us, in your comforting care, nurture us, in your understanding, love us, in your wisdom, instruct us what each of us as a woman is called to be and to do for the goodness of my own self, my family, friends and the world. May I meet the challenges and lessons of life, however hard, with an open mind and heart, relying on your will in all things and not on my own will and expectations. Love me as your daughter, protect me and guide me to be a light in darkness for others, and give me the courage, patience and joy to go forward towards you, my only home.

Flare magazine
December 1999



Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

JOB OPENING

Health Promotion Officer based in Chisasibi

The Public Health Module, associated with the Cree Board of Health and Social Services of James Bay, is looking for a Health Promotion Officer to work in our Chisasibi unit.

Duties:

to plan and carry out regional activities and support local activities in areas such as

- prevention of AIDS and sexually transmitted diseases
- reduction of non-traditional use of tobacco
- physical activity promotion
- networking with public health workers inside and outside our region

These activities include:

- supporting groups in the organization of health-related activities
- organization of "Radio Drama" activities
- participation in Cree Diabetes Network
- designing health promotion activities

Qualifications:

- Must possess a bachelor degree in education or communication or other appropriate discipline and in the absence of a degree considerable pertinent experience will be compensated
- or experience in community-based activities resulting in concrete achievements
- strong organizational skills, with initiative and creativity
- strong inter-personal skills
- excellent communications skills

The job is contractual (renewed on a year-to-year basis), but permanent funding is being sought. The person will be based in Chisasibi. Housing and moving expenses will be provided for those living outside Chisasibi.

Salary range: \$30,954.00 to \$58,683.00

Please send your curriculum vitae
(please include three references) to:

Robert Harris
Cree Board of Health and Social Services
Chisasibi, QC J0M 1E0
Tel: 819 855 2844 ext: 4369

Deadline for applications: March 17, 2000



PAYUKOTAYNO

James and Hudson Bay Family Services

ADMINISTRATION:

P.O. Box 336
Moosonee, Ontario P0L 1Y0
1 (705) 336-2229
1-888-298-2916
Fax # 1 (705) 336-2492

HEAD OFFICE: AWASHISHUK CENTRE

P.O. Box 209
Moose Factory, Ontario P0L 1W0
1 (705) 658-4384 Fax # 7 (705) 658-4850

Employment Opportunity

Position: Executive Director

Classification/Location:

Full Time Position, Moosonee, Ontario

Position Responsibilities:

The Executive Director reports to a Board of Directors and is responsible for the overall day to day organization, direction and operation of the Agency by ensuring that the services and programs are delivered according to Legislative requirements, MCSS Standards and Guidelines, and Agency policies and procedures. He/She shall maintain effective working relationships with other community service providers as well as with all levels of staff and responsibly ensure that the delivery of services and programs meet the service objectives identified in the Agency's annual service plan and are within the approved Agency budget.

Qualifications:

- M.S.W., B.S.W., or significant experience in Child Welfare Services including supervisory/management experience
- Knowledge of the Young Offenders, Mental Health Services and related legislation
- Excellent financial and negotiating skills
- Knowledge of the Northern Communities and their special needs
- Excellent written and oral communication, leadership and delegation skills
- Demonstrated analytical skills
- Ability to work under pressure
- Ability to speak Cree an asset
- Knowledge of Native Culture & issues

Salary: To commensurate with education and experience. Housing Subsidy.

Closing Date: Monday, March 6, 2000, 4:30 p.m.

SUBMIT RESUMES, QUOTING COMPETITION NUMBER: 553-00 to:

Director of Services

Payukotayno: James & Hudson Bay Family Services

P.O. Box 336

Moosonee, ON P0L 1Y0

Fax: (705) 336-2492

PLEASE INCLUDE THREE (3) REFERENCES WITH WRITTEN PERMISSION TO CONTACT.
ONLY CANDIDATES SELECTED FOR AN INTERVIEW WILL BE CONTACTED.

UNDER THE NORTHERN SKY

R-E-S-P-E-C-T

By Xavier Kataquapit

I have been noticing a lot of coverage lately about the mistreatment of First Nation people at the hands of some police forces. This issue really came to a head with the deaths of two First Nation men in Saskatoon, Saskatchewan. Apparently these men were taken by the police in an unhealthy state to the outskirts of the city and left to make it back into downtown in the freezing cold on their own. These men, Lawrence Wegner and Rodney Naistus, should not die in vain. The very least we should expect is that our justice system deals with racism within our police forces so these tragic and horrible occurrences do not happen again.

I am sure most police forces and most police officers are not racist, but I also believe these recent tragic occurrences and many other cases point to the fact that racism can sometimes hide even in the hearts and minds of those we least expect it from. I have heard it said that the best way to defeat racism is through education, and I believe this is true. Perhaps it is time that First Nation communities and areas with large First Nation populations are forced to have their police officers put through an anti-racist process. We need to sensitize our police forces about our cultures, our traditions, our problems, our issues and our history. This cannot be done by reading books or through one-day workshops. We need some kind of strategy from our First Nation leaders in cooperation with our police forces and also prison-system personnel.

Every police force should have the opportunity to learn about First Nation people. I really believe we will see a change in this racist type of attitude if we make it mandatory that police forces go through a process of gathering knowledge first-hand with Native leaders, Elders and educational professionals. We need to get in touch with our police forces. We have to make the effort to get close to these people in privileged positions of power to make sure we give them the opportunity to grow and to heal, so our people are treated with respect and dignity. It is no excuse to treat First Nation people or anyone else with disdain simply because they may have a health concern like alcoholism or drug addiction. It is also necessary that we educate our police forces about alcoholism and drug addiction.

I really believe most police officers will accept the opportunity to spend some time with First Nation people and to learn about us. I am not saying absolutely everyone will benefit from this exposure, but even from my own limited experience I realize on a regular basis that my myths and stereotypes about other cultures are wrong. The only way I find out what another culture is about is through personal contact. Of course, it also helps that more and more police forces are hiring First Nation people, and I hope this development continues to expand.

We need our police forces and we absolutely must have police officers that are well-trained, well-disciplined and maybe most importantly well-educated in all aspects of the society they serve and protect. Lawrence Wegner and Rodney Naistus have paid dearly to bring this lesson to us all. Let us now honour their spirits with the development of a process where we can heal from this tragedy and also make sure this does not happen again anywhere in our home and native land.



ENCOURAGING ABORIGINAL YOUTH TO PURSUE A CAREER IN HEALTH

"The Healing Choice: You and a Career in Health"

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Designed to help you make a choice

Great tool for teachers, facilitators, career & guidance counsellors, health care practitioners

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Canadian Public Health Association at
(613) 725-3769 fax: (613) 725-9826
or visit the web site: www.choosehealth.org

Available in French, English & Inuktitut

Produced in cooperation with:

The Assembly of First Nations

Canadian Public Health Association

Congress of Aboriginal Peoples

Inuit Tapirisat of Canada

Métis National Council

National Association of Friendship Centres

Native Women's Association of Canada

Funded by the Youth Employment Strategy of Human Resources Development Canada

James Bay: Home of the Homeless



Cree Housing Crisis

Housing Backlog

4,200 Crees are in need of their own home: 33% of the Cree population.

800 Cree families with children and 1,400 single persons live in overcrowded houses or outside their community.

The Cree experience is worse than those of other Native groups in Quebec and Quebec in general (5.2 Cree persons per house versus 2.1 persons per house in Quebec).

The backlog is now up to 1,400 units representing over 50% of the current housing stock.

The facts only reflect the reality.



GRAND COUNCIL OF THE CREE (EYOU ASTCHEE)
GRAND CONSEIL DES CRIS (EYOU ASTCHEE)



APP° CCRPL
CREE REGIONAL AUTHORITY
ADMINISTRATION RÉGIONALE CRIE

Hope

In the fire flourishes my soul
 Not to beget evil but to know
 A burning need of forever....
 Others fail to notice
 What they do when they are awake,
 Just as they forget what they do when asleep
 Sinking minds without compassion of love,
 They forget their power that destroys and harms
 Most do not understand the things they experience,
 Nor do they know what they have learned,
 That in all is not goodness but pain undefined
 But they seem to themselves to have done so,
 Their cruelties of life multiplied in their ignorance
 Those who do not understand,
 When they hear are like the deaf,
 Without the sound of a souls cry....
 What sense or thought do they have?
 They wither on lifes vine wasting the wines of living
 Without the hope of breathe
 Lost within their own drowning death of feeling
 No-one can step twice into the same river,
 Nor touch mortal substance twice in the same condition
 By the speed of its change, it scatters and gathers again
 Its anger redefined, its love renewed
 Only lost to the fire
 All things occur in accordance with strife and destiny
 A destiny some create with their lack of understanding
 That in life is hope a need to be one with love
 All things come into being by the conflict of opposites
 Fire destroys, It creates, Its beginning and end are common
 It is hope.....It is me.....

Talynn Ghostwind Burgess-Nelson ©1999



A Mothers Control

Inside myself
 Within caverns deep
 Hopes wind once did sleep
 Within a dull load of lasting pain
 Hate unsubdued and wrath unconsumed
 A soul stirred to life in the solid gloom
 Of some unhealthy dripping tomb
 A dim sensation, A vague half thought
 Could hope win, At what cost
 Exploding anger left to late
 Takes control with consuming hate
 A ripping screeching deadly wind
 Went up, Unheard, In a silent sun
 Tearing through lives in a fight to be won
 Little by little with toil and pain
 One who had harmed knew death game
 Her lies lay where they were slain
 As revenge lost its wanted glow
 A trembling heart was beating low
 And deadly shadows came crawling back in
 With the silent tread of defeat again
 At once with shock and pain
 Truth through my spirit stole
 And tears fell bleeding from my soul
 A cry of piercing agony
 Made hell laugh with welcome glee
 And all the angels they should pale
 At the terror in that human wail
 With stubborn and willful might
 I had allowed a parents hate to control my life
 Only to learn much to late
 I was but a pawn to be played
 Self-guilt to be raised,
 Should it not be myself
 Rotting in deaths grave...

Talynn Ghostwind Burgess-Nelson ©1999

Talynn lives in Oklahoma and is from the Creek - Oglala Nations and a mother of four.

2000 National Aboriginal Achievement Awards

featuring Susan Aglukark . The 5th Generation
 Marion Newman . Tara-Louise Montour . Graham Greene
 Smoke Signals' Evan Adams . Grey Owl's Annie Galipeau

DON'T MISS THE SHOW!

CBC Television Tuesday, April 11, 2000 9:00 pm





Société de développement de la Baie James Matagami

AVIS PUBLIC

CONSTITUTION D'UN FICHIER DE FOURNISSEURS POUR CERTAINS SERVICES AUXILIAIRES

Dans le cadre de son processus d'appel d'offres sur invitation générale, la Société de développement de la Baie James a entrepris de constituer un fichier de fournisseurs pour les contrats de services auxiliaires dont le montant estimé des travaux est égal ou supérieur à 50 000\$, tout en étant inférieur à 500 000\$.

A cette fin, la Société souhaite recevoir des candidatures d'entrepreneurs pour certains services auxiliaires, soit:

- entretien ménager général;
- rénovation de bâtiments;
- déneigement et déglaçage des routes et aéroports;
- déneigement et déglaçage des terrains et stationnements;
- débroussaillage mécanique;
- tamisage d'abrasifs

Seules seront considérées, aux fins de la constitution du fichier, les firmes et entreprises qui ont une place d'affaires sur le territoire de la Baie James et qui auront obtenu le formulaire d'inscription directement de la SDBJ.

Par place d'affaires, la SDBJ entend:

“Établissement où le fournisseur exerce ses activités de façon permanente, clairement identifié à son nom, accessible au public durant des heures normales de bureau, regroupant des représentants autorisés du fournisseur et des ressources permanentes.”

Les firmes et entreprises intéressées à présenter leur candidature peuvent se procurer le formulaire à l'adresse suivante:

**110, boul. Matagami, c.p. 970
Matagami (Québec) J0Y 2A0**

Tél.: (819) 739-4717, poste 264

Le formulaire pourra, sur demande, être expédié à toute adresse de courrier électronique, courrier ordinaire ou par télécopieur.

Les firmes ou entreprises intéressées devront faire parvenir leur candidature au moyen d'un formulaire dûment rempli et signé en deux (2) exemplaires complets, en y incluant un paiement non remboursable de 50\$ (taxes incluses) par inscription, à l'adresse mentionnée ci-dessus à l'attention de Me Annie C. Bélisle, secrétaire générale, avec la mention “Fichier de fournisseurs pour services auxiliaires.”

Des informations supplémentaires peuvent être obtenues en s'adressant à Me Annie C. Bélisle, secrétaire général, au numéro de téléphone (819) 739-4717, poste 248, ou au numéro de télécopieur (819) 739-4329.

La firme ou l'entreprise intéressée a la responsabilité de s'assurer que sa candidature est déposée au secrétariat générale de la Société avant le vendredi 31 mars 2000 16h. La Société n'est pas responsable de récupérer les documents au terminus d'autobus ni du retard dans la livraison du courrier.

La SDBJ se réserve le droit d'accepter ou de refuser toute candidature et de demander tout document complémentaire suite à la réception desdites candidatures.

AN ENGLISH TRANSLATION OF THIS PUBLIC NOTICE WILL BE AVAILABLE UPON REQUEST.

Life at Moose Fort Residential School

1958-1960

The school, formerly known as Horden Hall was located at Moose Factory, Ontario, about 200 miles south of Fort George Island. The village of Moosonee is situated only a few miles from Moose Factory, Cree of Ontario occupies both villages as we know.

Privileges at the school were very few and far in between, if any at all. The school property was fenced in and no children were allowed to go outside the fence without strict supervision. Boys and girls were not allowed to mingle with one another, let alone play with the kids in the village. We attended chapel services on a daily basis as well as eat and go to bed at specified times. Chores were also assigned to us every day of the school year.

Our stay at the residential school away from home seemed like an eternity. Sometimes, we left Fort George as early as August and did not return home until late June when the school year was over. Most of us never got to see our parents and relatives for ten months. There were times when some children lost family members during the school year and were never notified by the so-called school authorities. These children would only find out about their loved ones after they got back home. You can see some of the difficult circumstances we were faced with as residential children.

On school days every child had to attend classes. Of course, skipping school was out of the question since you had no place to hide if you wanted to play hooky. Like convicts, we were fenced in and always being watched at every move we made. One false move and you were severely punished. You could get a strapping from the principal or sent to bed without supper, just to mention a couple. Cree language was not allowed to be spoken in front of the school staff.

While we were at Moose Fort School there were no telephones where we could call home to our parents and ask for money. Besides, money in those days was very scarce. No roads led to Fort George for anyone to travel by vehicle. The only means of communication was by airmail. Even though the letters were personally addressed to the students, all our mail was opened by the school staff before it was given to us to read. One often wonders if every letter that was sent from back home was given to the children.

July and August were the only times we had to spend together with our families and friends. Before you knew it, time had gone by so fast that we had to leave for school again. We would hop on the plane (only form of transportation back then) never to see our families and friends for another ten months.

This is only the tip of the iceberg of what we experienced in residential schools.

Compared to what kids have to go through nowadays to go to school as opposed to what we went through in the late 50's and early 60's, they are very fortunate to be going to school in their own home environment. Hopefully, if the students read these experiences from the residential school days, they will realize how lucky they are to have a place they can call home each and everyday after school hours.

A. Neacappo
Former Student
Moose Fort School



NATIONAL ABORIGINAL ACHIEVEMENT FOUNDATION



ARTS
SCHOLARSHIPS
for education and training

GRANTS
for arts or cultural events

Application deadlines are firm:
MARCH 31 AND SEPTEMBER 30

for applications or more information, call

NATIONAL ABORIGINAL ACHIEVEMENT FOUNDATION

70 Yorkville Avenue, Suite 33A, Toronto, Ontario M5R 1B9
tel: 416-926-0775 fax: 416-926-7554 toll free: 1-800-329-9780
website: naaf.ca e-mail: naaf@istar.ca



Γ'CYσ ΔΦ LP'DN MISTISSINI POLICE SERVICE

192 Main, Mistissini Lake
Quebec G0W 1C0

Tel.: (418) 923-3278
Fax: (418) 923-3076

OPEN LETTER TO THE COMMUNITY OF THE CREE NATION OF MISTISSINI

This notice is being written openly to the members of the community of the Cree Nation of Mistissini. It has come to the attention of the Mistissini Police Services that there is a growing concern amongst the population concerning Youth Loitering. This involves the following infractions:

"loitering - hanging around in one spot, breaking curfew, trespassing on private property, drinking, smoking cigarettes and drugs, mischief (damage to property), theft, break and enter, trafficking"

At a glance one might say, there are by-laws and also Criminal Code sections that cover each and every area above. The police should be laying the appropriate charges, etc. What we must do instead is step back, take a look at the problem, and come up with a meaningful solution. These are the days of proactive (preventative) as opposed to reactive policing (responding to crime). That is the concept of Community-Based Policing.

"To place greater emphasis on crime prevention and repression by focusing attention on problem resolution so that the underlying root causes and contributory conditions are examined and addressed with greater vigor than has customarily been the case"

With this concept the Mistissini Police Services are attempting to resolve this growing problem by initiating this discussion. The following are the recommendations that we are making and we call upon the following groups to make a difference.

To the Youth, we request the following:

- Do not hang around in one specific area in the community
- continue to move around the streets if you are out at night
- Respect people and their property - do not trespass (hang around on people's lawns, balconies or porches)
- Respect your community - do not throw garbage, cigarettes, pop bottles, chips and other food, beer bottles on peoples' property as well as the streets of Mistissini
- Respect the curfew - if you are over the curfew age, encourage the younger children to go home
- Take responsibility and a sense of pride for your lives

To the Parents, we request the following:

- Take an interest in the welfare of your child - know where they are at all times - day and night
- Take responsibility for your child's life - ensure that they are home at curfew time and take action when appropriate
- Show an interest in the daily activities of your child. We are too busy at times and forget the importance of our children
- Teach your children to respect the rights of others and also private property as well as community areas
- Take responsibility and a sense of pride for your lives

To the Community Members, we request the following:

- Become involved collectively in the welfare of our Youth and our community
- Take responsibility in your community - discover the pride and keep the community clean
- Be a positive role model and influence to the Youth - let them see a good example as opposed to a negative one
- Volunteer your time in assisting the Youth to give them things to do to keep them busy and lessen idle time
- Teach the Youth to respect the rights of others and also private property as well as community areas

To the Council of the Cree Nation of Mistissini, we request the following:

- Spend more time and energy focusing on the Youth
- Each entity that is implicated - Recreation, Youth, Public Safety, Health Board, Police, Cree Culture - assist the Youth in the areas of programs including "Youth Leadership"
- Build more infrastructure/facilities including a Youth Gathering Place, Community Centre, Fitness Centre, Parks
- Volunteer your time in assisting the Youth to give them things to do to keep them busy and lessen idle time
- Teach the Youth to respect the rights of others and also private property as well as community areas

By outlining the concerns of community members and offering possible solutions, we are attempting to resolve the problem of loitering through open discussion and example. We, the Mistissini Police Services, have initiated this framework and we require the support and assistance of the Youth, Parents, Community Members and the Council of the Cree Nation of Mistissini to make a difference. Let's work together to take care of this problem instead of making it a criminal one.

M: Yeah, that. They can take more... the women I've known...

F: What about birthing babies?

M: What? Oh, that's what I mean. That too. If a watermelon came out of my penis, you know... If you could be a man for one day, just one day, like if you woke up at 8:00 in the morning and 11:00 that night you would turn back into a woman, what would you do?

F: Oh my God! What would I do? I would wear boxers. I wouldn't shave. I'd want to see how the scruff feels on my own face. I would check right away if I had a hairy chest. And of course... anyway... I would walk down the street and see if I see things differently.

M: You know what you could do? You could hang around a bunch of guys and see what they talk about.

F: I'd ask them about myself and totally fight for myself, "She rocks, she's so cool!" I would want to see if anybody treated me differently.

M: One thing I would do is join a group of women and see what they talk about when there are no men around. I'd learn their secrets.

F: I think that would be interesting. If I turned into a man all of a sudden, I don't think I'd care about what men talk about. I don't think they talk about all the stuff women talk about.

M: Well, you'd be surprised. Men act different when there's no women around.

F: I think men know that women talk about everything, like, the whole thing, every little detail of your whole long life.

M: That's true. Men will talk about it, but they won't go into deeper parts of it.

F: Crude?

M: Yeah, could be a bit more crude. It depends on the man.

F: Women can be like that too. It depends on who you're with...

Two men enter the scene, a waiter seats them at an adjacent table. The two strangers peruse their menus, order drinks and start talking, loud enough for others to hear. M and F continue their conversation. Later, overhearing the men's conversation M and F lean in to listen, F discreetly pointing the microphone in their direction.

1st Man: What kind of clothes would you wear if you were a woman? What type of body would you have?

2nd Man: I would have a Jennifer Lopez body.

1st Man: I'd want a little more bust if I were Jennifer Lopez.

2nd Man: Not too big. The size of melons. (gestures with both hands) A nice handful.

1st man: Would you be earthy? Slutty?

2nd man: (Not hesitating) I'd be slutty. Slutty clothes. Slutty red dresses.

1st man: You are such a slut! Have fun. Thong?

2nd man: Thong.

1st Man: You are such a whore! So you'd be a very outgoing, red dress wearing type of thing?

2nd Man: I would be very outgoing. I'd want all the attention.

1st Man: Now, as a man, is that the kind of woman you like?

2nd Man: NO.

M and F listening, look at each other and smile.

...To Be Continued

LES MINES

INMET

Inmet Mining Corporation
Troilus Division

Posting # 086: MILLRIGHT 3RD CLASS (permanent) (Mill)

The Troilus Division is presently searching for a MILLRIGHT 3RD CLASS (Mill) to join their young and dynamic management team. The Troilus Division is a gold and copper open pit mine with a mill capacity that has been upgraded to 15,000 tpd. The mine site is located at 175 km north of Chibougamau by way of the "Route du Nord." The selected candidate will work on a 4/3 schedule (4 days of work, 3 days off) and will be lodged at the site's first quality camp.

Required qualifications:

- Completion of high school education is usually required or a commitment to complete high school or relevant experience.
- Completion of a three to four (3-4) year apprenticeship program or have over five (5) years of work experience in the trade.
- Trade certification is an asset.
- Welding experience is required.
- Five to ten (5-10) years experience in mill environment.
- Experience on large SAG, ball-mills, gyratory and cone crushers is required.
- Basic knowledge of French. English is an asset.

Main responsibilities:

- Reads diagrams and schematic drawings to determine work procedures;
- Installs stationary mill machinery and mechanical equipment according to layout plans using hand and power tools;
- Operates hoisting and lifting devices to position machinery and parts during the installation, sets-up and repairs of machinery;
- Inspects and examines machinery and equipment to detect and investigate irregularities and malfunctions;
- Adjusts machinery and repairs or replaces defective parts;
- Cleans, lubricates and performs other routine maintenance work on machinery;
- Assembles or repairs machinery and equipment prior to installation using hand, power tools and welding equipment;
- Installs and repairs piping;
- Installs and/or modifies equipment as required by production;
- Performs other related duties.

Particularities and remuneration:

Inmet Mining Corporation offers a competitive salary. The position is addressed to men and women. Inmet Mining Corporation encourages the hiring of Crees and thanks all applicants for their interest, but advises that only those selected for an interview will be contacted.

Those interested are to send their Curriculum vitae, not later than March 24, 2000 to:

**Human Resources Department
Inmet Mining Corporation
Troilus Division
P.O. Box 8700
Chibougamau (Québec)
G8P 3A9**

Fax: (514) 521-8376/(418) 748-3033

(Please indicate the posting number on your envelope)

CLASSIFIEDS

100-BIRTHS

We would like to welcome a beautiful niece and cousin into this world. She was born on February 8, 2000 in Val d'Or. Her name is Wanda Minnie Annie Mary, proud parents of Christina Saganash and Clarence Miniquaken. She will bring lots of joy and happiness to you both. Love in friendship. Brian, Charlene and girls (Wemindji)

We would like to congratulate Christina and Clarence m. on their new baby girl Wanda born on February 8, 2000. Take good care of your daughter and may you have many more. From 16 Alder Street, Waswanipi, Quebec and 46 Pine Street.

101-BIRTHDAYS

Wishing a happy birthday to my grandpa Kenneth Salt, in Waskaganish, on March 3, 2000. Sorry I'm not there to celebrate with you, but I'll see you really soon, okay! I miss you grandpa, especially when you make me laugh. Love, from Simonsh (Wemindji) P.S: I would like to also say hi to the rest of the family, especially my daddy Byron. Miss you too.

Birthday wishes going out to my sister Brenda Rose W.J. on March 23. Have fun, girl...you're such a great sister, you know? You really are! Anyway, take care of yourself and the coming baby. Love always, Celina

Birthday greetings going out to Corrine who's birthday is on January 21. We wish you many more birthdays to come. From Christine, Perry, Wabinoshkum and Sawe.

This goes out to my brother

Chris, Happy 21st Birthday on March 22nd 2000. Hey, I never thanked you for helping me study for the final exams during my first semester and for your words of encouragement during high school and college. So thank you with all my heart and may you have a pleasant day on the 22nd. From your sister, Gloria

I would like to say happy 17th b-day to a specail girl in chisasibi Rachel M-hunter on march 1st. I still remember your b-day!! i miss you well see you in Val d'or. i hope you're single! bye from your ex

103-ANNIVERSAIES

On a day, many moons ago, two people decided to unite as one. On March 20, 1975, they made it official. Wishing a very happy and joyous 25th Silver Wedding anniversary to Myrna & David Natawapineskum(sr). After four children, four grandchildren, countless house pets, vacations - "How much longer?", "Stop touching me!", "I gotta pee!"-, endless days & nights of worry, it's truly a wonder that you both managed to keep your heads on straight. We hope that the next 25 years will be just as memorable as the last ones. With love (as always), your kids David Jr., Alexandra, Isabelle, & Tanya, and your grandkids Simonsh, Codie, Erin & Casey.

To Tanya and Barry Blackned. Wishing you a happy anniversary on the 25th of February, the day you became as one. Now you and Barry can begin cherishing the memories of your life together and that

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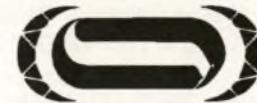
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of your children as well. Then someday you'll both look back at the memories shared along the way. Take good care of them and may you and Barry cherish them deeply in your heart and your love for each other will carry you through the good and bad times. Since it was your love for each other that brought you together. From your parents, Morley and Pauline Etapp (Mistissini)

200-FOR SALE

Tent for sale. 40 X 60 feet. Aluminum steel frame, no centre pole along with coverings (white tarps). Used only two summers, still in good condition. Price: \$23,800.00. First come and first served. For more information don't hesitate to call. Cree Nation of Eastmain C/O Ricky Gilpin or Roger Weapenicappo at 819-977-2262 or 2263. Message: 819-977-0211.

Rabbits for sale. If you are coming down to Val d'Or and would like to buy some rabbits please call to reserve the amount you would like at 819-757-3110. You may leave the message in English.

300-PERSONALS

Peter, I'm sorry if I ever made you feel pressured or sad. I am very lucky and grateful to have someone like you, who is patient, honest and most of all romantic. You care about people with all your heart no matter whom and what the situation is. That's what makes you such a great person. I thank God for us and what we have as friends and lover. I never thought that I could feel love like this. Your presence make me feel good about myself and when I'm sad you hold me till it's gone. All I want to say is that is that I care about you and love you with all my heart. No matter what others say or do. Nothing can change the way I feel about

you, us. I don't know what I'd do with out you. Have a wonderful Valentine's day. Take care and I hope I see you soon. Yours, Rose.

Happy Valentine's Day to my dad Jim Weistche. We were thinking if we could write a few lines to let you know we love you sooooo much. Through the good and bad times we still love you. Dad, thanks for always being there for us. We are growing older so it's our turn to take care of you. You're getting too old for your job and for hockey. Kidding. Once again, happy Valentine's day. Dad, our number 1 star on your hockey game. Love always, your three daughters who care about you so much. At last but not least, your only son Jim Jr.

Happy Valentine's Day to my love Mara Mayappo. Keep up the good work in Hull and don't

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give up. Love always, Abraham A.

Are alcohol and drugs destroying your life? Do you want to help yourself? Maybe we can help. We are Alcoholics Anonymous. We meet in Mistissini on Saturday evenings, 8 p.m., in the basement of St. John's Anglican church.

I would like to wish the most important women in my life a happy belated valentines day first of all momzy Caroline Ottereyes I love very much Stay strong and happy I always think of the good times we shared me, you, dad, ann-mary, jacob, and patches (late minou) and to my aunties Maggie and Elizabeth your the best. Maggie Keep up the good work god has a special gift for you. your work will not go unnoticed. And Elizabeth (Mama LIZ) You have a special heart you have so much love in you that it outshines your enemies may god bless you as much as he blessed me having you all is such a great blessing to me i cannot even conceive the thought of not having you in my life. your favorite nephew and son Jonathan Earl ottereyes and minouloo.

600- LOVERS, SECRET ADMIRERS

This goes out to someone I admired since I first saw his gorgeous face. It's been a long time I admired you. So I thought I wrote a letter in the Nation. I wanted to say you light up my life like the brightest star at night. Also your lips are so fine. I wish I could touch your lips with mine even though you have a girlfriend. If we would be together our hearts would be locked forever even if we are a million miles away! Sorry i couldn't be your Valentine this year but you will be in my heart 4-ever! I love you with all my heart. xoxoxoxo. From your secret admirer somewhere in the nine communities.

700-PENPALS

In search for a single female correspondant (Pen Pal) between the age of 22-30 of any Nation. I'm 29, 5' 10", Algonquin, single and in shape. Looking forward to hearing from you. Philip Haymond, 851, 3e Ouest, Amos Quebec, J9T 2T4.

Hello ladies! M/21/ single. Looking for a wife, Send pic, resume and applications to

ndnsuperman_2000@yahoo.com (just kidding) I Would love to become email friends with gals (18-25yrs) reply soon,ndnsuperman.

Hi! We are looking for some penpals we wanna hear from at any age and sex that would like to get to know us. We are a group of girls from Nemaska. We enjoy meeting new people and

getting to know all the people aarond the James bay area and any where else especially making friends? Our initials are:ET,KD,TD,AT,CC,CW and CB. Hope to hear from you very soon. PEACE TO THE YOUTH.E-MAIL:ccckteabutterflies @Hotmail.com or gogobshished @Hotmail.com

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